



Creating Solutions, Changing Lives!

## Healthy Lifestyles!

### You Are What You Eat!

While daily activities may be challenging for some, it is important to know that **all of us** - with or without developmental disabilities or other special needs - **can** enjoy healthy, productive lives!

Though some face barriers as a result of a disability (lack of knowledge or independent choice, physical limitations, medications that lead to weight gain), research has shown that even small lifestyle changes can make dramatic differences. A healthy, productive and active lifestyle can be maintained and improved with proper **nutrition**.

A **balanced diet** helps to maintain a healthy weight and provides your body with energy and nutrients that lead to present and future health.



### The Surgeon General's Call to Action to Improve the Health and Wellness of Persons with Disabilities 2005:

*"...disabilities are characteristics of the body, mind, or senses that, to a greater or lesser extent, affect a person's ability to engage in some or all aspects of day-to-day life. Some disabilities are visible; others are not. Some are physical, some visual or auditory, some developmental or cognitive, and some mental or behavioral. Some persons are born with one or more disabilities; others acquire a disability during the course of a lifetime. Most individuals in the United States will experience a disability of some duration at some point in their lives.*

*Different kinds of disabilities affect people in different ways. No single disabling condition necessarily affects one person in exactly the same way as it does another. Yet, persons with disabilities of all kinds share many of the same challenges when it comes to their own health and well-being. Disability is not an illness..."*

### Important Dates to Remember:

- **May**  
Asthma & Allergy Awareness Month  
Better Sleep Month  
Healthy Vision Month
- **Sat 5/11**  
Walk With Me 2013
- **Sat 5/25**  
World Thyroid Day



Register TODAY at [walkwithme.org/nj](http://walkwithme.org/nj)!

Or for more info, contact Michelle Kasper, Special Events Manager 732/955-8368

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### DID YOU KNOW?

#### The key to health is a balanced DIET!

Many refer to a "DIET" as a weight loss plan. According to the dictionary, DIET is: The kinds of food that a person, animal, or community habitually eats. A **balanced "DIET"** however is one that ensures you receive the correct amounts of each food type to help meet your body's nutrition requirements.

A **medical "DIET"** is a diet with a regulated selection of foods for **medical** conditions such as diabetes, high blood pressure, heart disease, food allergies and other conditions.

Always follow the dietary recommendations of your physician.

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Helping children, adults, and families with disabilities to live, learn, work and play in their communities since 1948!



## Tips for a Balanced Diet:

What you eat, and your level of physical activity, has an impact on your present and future health. So, you see, a **DIET** is not just about losing weight! However, eating too

much food and taking in too many calories (energy consumed through food) may lead to unwanted and unhealthy weight gain.

A balanced diet provides you with the nutrition your body needs to support your immune system and bodily functions and improve your energy and stamina.

Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future.

**Choosemyplate.gov**, the website of the U.S. Department of Agriculture, shows how to eat healthy on a budget and provides sample menus and daily food plans. **The following tips and ideas are a good starting point to a healthy diet:**

- **Make at least half your grains whole grains**

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

- **Vary your veggies**

Eating vegetables is important because they provide vitamins and minerals and most are low in calories.

- **Focus on fruit**

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

- **Get your calcium-rich foods**

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be lowfat or fat-free—to cut calories and saturated fat.

- **Go lean with protein**

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources.

Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more healthy eating tips and to learn how to eat healthy on a budget, print out sample menus and view daily food plans.

### ♥ In the Next Issue:

- Protecting your vision
- The importance of a good night's sleep
- Asthma and allergies that come with May flowers



*Be Well! & Thrive is a Registered Trademark of Easter Seals New Jersey*

## Spotlight on Prevention...

### Colorectal Cancer Awareness Month Observed in March

#### Important Information From The National Health Information Center Can Help Save Lives!

Although a leading cause of cancer death for both men and women, if detected early, colorectal cancer can be more easily and successfully treated.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer.

People over age 50 are at highest risk for colorectal cancer.

Other risk factors include smoking, having a family history of colorectal cancer, and being African American.

#### Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50
- Quit smoking and stay away from secondhand smoke
- Get active and eat healthy

See how Easter Seals New Jersey is taking steps to address chronic health issues for people with disabilities at [eastersealsnj.org/health](http://eastersealsnj.org/health)



Walk/Run/Volunteer for children & adults with disabilities

**Register TODAY at**  
[walkwithme.org/nj](http://walkwithme.org/nj) !

Or for more info, contact Michelle Kasper, Special Events Manager  
 732/955-8368 | [mikasper@nj.easterseals.com](mailto:mikasper@nj.easterseals.com)